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A MANUAL FOR DEMONSTRATING THE COOKING OF CARP

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This leaflet has been prepared in response to numerous inquiries received for a demonstration manual on cooking fish--particularly carp. The recipes chosen for inclusion have been selected from Fishery Leaflet No. 19, Cooking Carp.

RECIPES

Steamed Carp with Tomato Sauce

3 pounds carp, dressed for baking
2 teaspoons salt
1/4 teaspoon pepper
1 cup water

Cut dressed fish into serving-sized portions. Season with salt and pepper, and place on a rack over water in a pan with a tight-fitting cover. Steam for 10 minutes. Serve hot with tomato sauce.

Tomato Sauce

2 cups stewed tomatoes
1 small onion chopped fine
1 teaspoon salt
1/4 teaspoon pepper
2 tablespoons melted butter or fortified margarine
2 tablespoons all-purpose flour

Simmer tomatoes, onion, salt, and pepper together for 10 minutes. Gradually add the tomato mixture to the combined flour and melted butter. Cook until thick, stirring constantly.

Tomato Aspic Carp Salad

1-1/2 cups carp flakes
1/3 cup celery, cut fine
2 tablespoons green pepper, diced
1 package aspic gelatin
2 cups tomato juice

Dissolve gelatin in 1 cup of boiling tomato juice, and add 1 cup of cold tomato juice. Set in a cool place until gelatin begins to thicken. Stir rest of the ingredients into gelatin and place mixture in mold. Chill salad until firm, and serve with salad greens and desired dressing.

Note: You may use the following tomato-aspic gelatin recipe instead of the prepared, packaged aspic gelatin and tomato juice.

2-1/2 cups stewed tomatoes
1/2 teaspoon salt
1 stalk celery, cut up
Dash cayenne pepper
1 tablespoon unflavored gelatin
1/4 cup cold water
1 tablespoon vinegar

Combine first four ingredients, boil 10 minutes, and strain. Soak gelatin in cold water for 5 minutes, and add to hot liquid with vinegar.

Joe's Baked Fish

3 pounds carp, dressed for baking
1/2 cup flour
2 teaspoons salt
1/2 teaspoon pepper
4 slices bacon
1-1/2 cups stock

Wipe dressed fish with damp cloth and cut four 2-inch gashes across one side of the fish. Dust outside of fish with flour, salt, and pepper mixture, and lay fish in shallow baking-pan with gashed side up. Pour stock around fish and baste with stock. Lay bacon across top of fish and bake in a pre-heated oven at 375° F. for one hour. When half done, baste fish with stock.

Stock

1/2 cup celery stalks and tops, cut fine
1 tablespoon parsley, cut fine
1 small onion, chopped
1 tablespoon green pepper, chopped
3 cups hot water
2 tablespoons bacon fat, or bacon cut in bits
1-1/2 teaspoons salt
1/4 teaspoon pepper

Simmer above ingredients in a covered utensil for 40 minutes. Strain and use stock with fish.

Gravy

1/2 cup stock
Juices from baking pan
2 tablespoons flour
1 tablespoon fat

Melt fat in shallow pan, and brown flour in fat. Gradually add stock and juices, and cook over heat, stirring until thick. The gravy may be poured over fish or eaten with potatoes. If gravy is too thick, thin with a little hot water.

MARKET ORDER

7 4-pound carp (1 whole and 6 pan-dressed)
1 pound small onions
1 head of lettuce or any other salad greens (chicory or curly endive)
1 small bunch celery
1 bunch parsley
1 green pepper
1/4 pound sliced bacon or salt pork
1 4-oz. bottle of cooking oil
1/4 pound butter or fortified margarine
1 8-oz. jar of salad dressing
1 No. 2 can stewed tomatoes or 1 pint jar home canned
(1 No. 1 tall can tomato juice or 1 pint jar home canned
(1 package aspic gelatin, or
instead of last two items:
(1 No. 2 can stewed tomatoes or 1 pint jar home canned
(1 package unflavored gelatin
(1 8-oz. bottle of cider vinegar
Salt
Black pepper
1 pound enriched all-purpose flour
Paper towels
Waxed paper
Soap

EQUIPMENT REQUIRED

Refrigerator
Range with oven (regulator on oven or oven thermometer)
Demonstration table
Large supply table
1 wooden cutting board 24 inches long and 6 inches wide
Deep well cooker on range or skillet with cover
1½ quart saucepan with cover
2 large baking pans 12 x 8 x 2 inches
1 medium-sized skillet with cover
1 round rack about 6 inches in diameter or improvision
1 medium-sized fish mold or ring mold
1 colorful plate, 8 or 9 inches, yellow, blue, or green
1 small platter, colorful if possible
2 large platters, colorful if possible
4 trays or cookie sheets
1 small strainer
2 small mixing bowls
1 paring knife
1 can opener
1 large sharp knife
1 case knife
1 spatula
2 meat forks
2 sets of measuring spoons
2 wooden mixing spoons

2 tablespoons for serving spoons
2 measuring cups
1 dishcloth
2 pot holders
1 dishpan
5 dish towels
Oil cloth -- 3 pieces, each 24 x 72 inches
Paper plates and paper spoons for sampling
Facilities for running water

PREPARATION BEFORE DEMONSTRATION

I. Steam 1 four-pound carp to make fish flakes for tomato aspic fish salad. (Follow directions for steamed carp.) (Save a small piece of fish for tray C.)

II. Make tomato aspic fish salad so that it sets in refrigerator for at least 5 hours before use in the demonstration. Grease mold with cooking oil before putting in salad.

III. Make stock for Joe's baked fish, double the recipe, strain and store in refrigerator.

IV. Prepare Joe's baked fish and put in oven 40 minutes before demonstration starts. Baste after it has been in oven 30 minutes.

V. Simmer onions, tomatoes, and seasonings together for steamed carp with tomato sauce.

VI. Arrange trays --

A. For cutting up fish:

1. - 1 whole carp.
2. - 2 pan-dressed carp (headed, tailed, scaled, and eviscerated).
3. - 1 sharp knife.
4. - Cutting board.
5. - Damp cloth.
6. - Paper towels.

B. For steamed carp with tomato sauce:

1. - 1 whole dressed carp.
2. - Deep well cooker with cover or skillet with cover.
3. - Salt, pepper, and water measured.
4. - Stewed tomatoes, onions, and seasonings, already cooked together, in a bowl.
5. - Saucepan with cover.
6. - Fat measured and flour measured.
7. - Serving spoon, and fork.
8. - Wooden spoon.
9. - Paper towels.
10. - Colorful plate.

C. For showing tomato aspic fish salad:

1. - Case knife.
2. - Small platter arranged with lettuce or greens on it.
3. - Mold.
4. - Small piece of steamed carp and fork on plate.

D. For Joe's baked fish.

1. - Oblong baking pan 12 x 8 x 2 inches.
2. - Flour, salt, and pepper measured on paper.
3. - Stock.
4. - Bacon or salt pork sliced.
5. - Measured salad oil for gravy.
6. - Flour measured for gravy.
7. - Measuring cup.
8. - Measuring spoons.
9. - Wooden mixing spoon.
10. - Skillet to make gravy in.
11. - Serving spoon and meat fork.

VII. On supply table --

1. - Damp cloth.
2. - Paper plates and spoons for serving.
3. - Paper towels.
4. - Waxed paper.

DISCUSSION

Good afternoon, everyone. You and I are going to talk about food--fish as food. Food is a weapon in this war, both at the front and behind the lines. We have been told that you and I must eat less meat and do without some of the commoner kinds of fish because fighting men need these products. As an alternate protein food, we can eat the lesser-known fishes.

For years fishermen have taken from our lakes and rivers fishes that we have grown to enjoy regularly such as lake trout or bass. At the same time, they have caught other fishes that people apparently didn't know so much about, such as carp, burbot, bullheads, and suckers. Generally fishermen either threw these back into the water or sold them to a reduction plant to be converted into animal feed. Many people actually didn't know that these other species of fish existed, never asked for them at the fish market, and never cooked them. Today there is such a heavy demand for a few of the most popular kinds of fishes that we find we must supplement our resources by using these lesser-known species.

One of the fishes in this neglected group is the carp. It is with pleasure that I present it to you. (Show carp.)

In the past the carp has graced the tables of kings and queens. My task is the pleasant one of introducing this fish to you so that you will welcome it into your home and give this lesser-known fish a prominent place in your week's dinner menus.

When you go to your dealer to buy carp, you will find it either on a bed of ice or swimming lazily around in a fresh-water pool. If you choose one of the fish from the bed of ice, be sure to pick one with bright clear eyes, pink gills, and firm, elastic flesh. These are the characteristics of fresh fish. Your fish dealer will take this whole carp (show fish) and remove the scales, head, tail, fins, and the insides, or viscera. Then you have a whole pan-dressed fish. (Show whole, pan-dressed carp.)

Usually a whole, pan-dressed fish will have its skin on; but, if you want the carp fleeced (the top skin removed with the scales), your fish dealer will do this for you. Pan-dressed, the fish drops to about 2/3 of its original weight; thus, if the carp weighed 5 pounds when it was taken from the water, pan-dressed it will weigh about 3⅓ pounds.

This fish is now ready for cooking. For steaming or frying the carp, cut it into serving-sized portions. Before baking remove the backbone, if you wish - thus (remove backbone).

You can buy carp in another form, too, - as steak. You'll find steaks cut about 1/2 to 3/4 of an inch thick across the length of large carp, and that includes about 60 percent of the weight of the whole fish. Thus, if you purchase a carp which weighs 7 pounds, the steaks from the fish will weigh a little more than 4 pounds. Filleting a carp is a simple operation, but to do it well, of course, requires practice. (Fillet carp.) With a very sharp knife, cut down into the flesh at the collar on the side of the fish. When you reach the backbone, turn the blade of the knife horizontally and, keeping it flat, continue cutting to the tail. Use a straight, cutting, not a sawing, motion. Turn the fish over and repeat the process. Now you can take the rib bones out by a scooping cut.

Your fish dealer will fillet the carp for you if requested. If you will watch how he does it, you may learn more quickly. Remember, however, that he has probably had a great deal of experience. There are different ways of filleting fish; the method just demonstrated to you is the easiest way for the beginner.

You now have two fillets which are about 40 percent of the weight of the whole fish. In other words, from a 5-pound fish you will have 2 pounds of fillets. Fillets, you know, are completely free of bones. Here is an economical tip for everyone: save the head, tail, and other parts of the fish cut off in filleting for making chowders and soups. Ask your fish dealer for those parts of the fish; or, if you just want to make soup, buy a few heads, tails, and backbones. We must all try to stop waste by using all of the food we produce.

There is still one other form in which carp may be bought; that is, sticks. Sticks are strips of fish about 3 inches long and 1 inch wide cut from fillets, and are usually cooked similarly to fillets.

At home, be sure to store the fish, well-wrapped, in the coldest part of your refrigerator. About one hour before you plan to cook the fish, take it out of the refrigerator and allow it to reach room temperature before cooking.

Steaming is an easy and quick way to prepare carp. Just wipe the fish with a damp cloth, cut in portions for servings, season, and place on a rack in the pan with a cup of boiling water. Cover and steam for 10 minutes.

While the carp steams, we'll make the sauce. Before you came I simmered the stewed tomatoes and onion together with the seasonings for 10 minutes. I hope that most of you folks are lucky enough to have tomatoes which you canned at home. If you have, now is the time to bring out a jar for this sauce. Melt the 2 tablespoons of butter or fortified margarine. Blend in flour and gradually add the tomato and onion mixture. Cook until thick, stirring constantly.

Now, we'll set aside the sauce to wait for the carp to finish steaming. We decided to show you how attractive steamed carp would be, and how short a time is required to prepare it. We steam the carp rather than boil it to preserve the vitamin B_2 or riboflavin. Vitamin B_2 dissolves very readily in water; so, if you use a small quantity of water and steam the fish, you will save most of the vitamin B_2. By steaming the carp in a covered pan, you retain all the liquid and can make use of it in soup or in gravy.

Today we are serving the steamed carp with tomato sauce; but a pleasant variation is to add to the water in which you steam the fish one diced carrot, a slice of onion, a slice of lemon, a bay leaf, and a few whole peppers. Then, make a gravy with this liquid adding fat, flour, and milk.

Carp, as well as other fishes, are excellent sources of protein of the kind necessary for body growth and health. Fish also furnish minerals: calcium for bones and teeth; phosphorus for tissue and muscle; iron and copper for blood.

We wanted to show you steamed carp because that is the foundation for a variety of good fish-flake recipes. After you have steamed the carp, remove the skin and bones, and flake the flesh with a fork. (Show this with a small piece of cold steamed carp.)

The possible combinations of these flakes with other foods seem endless. Here are a few suggestions for a starter: Use them in chowder, carp flake loaf, timbales, souffles, puffs, omelets, fish pies, Norwegian-type fish puddings, scalloped dishes, sandwich fillings for the Victory lunch box, and salads.

Salads will be main dishes for us all on warm summer days, and will serve to vary the diet in other seasons. (Show tomato aspic fish salad.) Here is tomato aspic fish salad, a filling but cooling dish, a meal in itself, containing carp flakes, tomato juice, celery and green pepper cut fine, and aspic gelatin. In case you can't or don't want to purchase prepared aspic gelatin, you can make your own tomato aspic mixture as shown on the recipe sheet. Here again is a chance for you to put to good use your own home-canned goods. Use either tomato juice or stewed tomatoes, depending on which way you choose to make the salad.

Try fresh carp flakes in one of your own favorite recipes in which you formerly used canned salmon or tuna, and you'll agree carp is a delicious substitute. You see, fresh fish flakes take the place of canned fish, so that the canned goods may travel on their long journeys to our fighting men and allies.

The steamed carp is done. This tomato sauce is for people desiring a mild flavor. If the sauce isn't sharp enough for some tastes, just strengthen it with some Worcestershire, tabasco, or horseradish sauce, or vary it with chopped sweet pickle. Remove the skin and backbone from the carp and serve with the tomato sauce. How would you like steamed carp with tomato sauce for dinner tonight? (Show one serving with tomato sauce over carp on colorful plate. Set carp aside, covered with tomato sauce to reheat later and serve for sampling.)

When you think of baked fish do you always see in your mind's eye a beautiful baked, stuffed fish? You don't have to do anything so time-consuming as making a dressing and then stuffing the fish to have baked carp. You can have a baked fish that is a delight to behold by following directions in the recipe sheet for Joe's baked fish. The stock was prepared ahead of time and stored in the refrigerator. Grease a shallow baking pan. Wipe the fish with a damp cloth; cut gashes in the side of the fish; and roll it in the flour, salt, and pepper mixture. Place fish in pan with gashed side up, pour $1\frac{1}{2}$ cups stock over it, and baste with the stock. Lay bacon strips across top of fish. (Remove baked fish from oven.) The oven thermometer registers 375° F., and we will put the fish to bake for 1 hour.

How many of you like gravy? Let's make the gravy. Melt fat, brown the flour, gradually add stock and juices. Pour left over juice from baking pan in skillet. (Place baked carp on platter and garnish with parsley.) Here is a main dish fit for a king.

Today we have introduced you to just <u>one</u> of our neglected species of fresh water fishes, and, of course, there are many other delicious ways to prepare carp besides those demonstrated. Carp is really a "double feature," as the roe is just as good as carp-meat. When carp are plentiful, eat them frequently; you will find carp-meat delicious in all the various dishes which can be prepared from it.

Are there any questions?

I know that you are all anxious to taste these dishes, so step this way.

OUTLINE OF DEMONSTRATION

A. Introduction.
   1. Food as a weapon in war.
   2. Eat less meat and more fish, a high protein food.

B. Why necessary to promote lesser-known species?
   1. Must now use our neglected resources.

C. Introduce carp.

D. Purchasing carp.
   1. Find carp as whole fish.
   2. Characteristics of fresh fish.
   3. Pan-dressed fish.
   4. Skinned.
   5. Remove backbone for baking.
   6. Carp steaks.
   7. Carp fillets. (Use backbone, head, and tail in soup or chowder.)
   8. Carp sticks.

E. Storage of carp at home.

F. Steamed carp with tomato sauce.
   1. Method.
   2. Sauce.
   3. Why steam carp--save vitamin B_2.

G. Fish and carp--good protein and source of minerals.

H. Steamed carp--carp fish flakes.
   1. Base for all carp fish-flake recipes.
   2. Flake some cold steamed carp.
   3. Tomato aspic fish salad.
   4. Fresh fish flakes take the place of canned fish.

I. Show steamed carp with tomato sauce.

J. Joe's baked fish.
   1. Much simpler to prepare than stuffed carp.
   2. Prepare carp.
   3. Remove baked carp from oven.

K. Conclusion.
   1. Example of the use of lesser-known species.
   2. Carp is a "double feature": carp and carp roe.
   3. Let's all eat fresh fish frequently.

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